



NATURE'S SUNSHINE

Collagen

Non-GMO

Dairy Free

Soy Free

Keto Friendly

Paleo Friendly

GOOD FOR

Hair, Skin & Nails (Integumentary)

Connective Tissue

Musculoskeletal System

SIZE **18 oz**

ITEM # **22336**

SERVING **1**

SUPPLY **20 days**

DIRECTIONS FOR USE Collagen is odorless, tasteless and mixes easily into any hot or cold beverage, smoothie or food. It is easily integrated into any daily wellness program. Stir 1 scoop into any beverage (coffee, tea, water, fruit juice, etc.), or add it to your favorite recipes. Use daily for best results.

— How the Key Ingredients Work

This formula brings together collagen — your body's most abundant structural protein — with potassium to help keep your connective tissues strong, your joints comfortable, and your overall framework feeling its best. Together, these two nutrients work hand in hand to support the systems that literally hold you together every single day.

Collagen — Think of collagen as the body's natural scaffolding. It makes up about 30% of all the protein in your body and forms the strong, flexible fibers found in your skin, joints, tendons, cartilage, and bones. Supplementing with collagen peptides helps replenish what naturally declines with age, supporting comfort, resilience, and structure throughout the body.

Collagen for Joints & Arthritis Support — Research shows that collagen — particularly undenatured type II collagen — has been studied in multiple clinical trials for joint comfort. In one well-designed study, it outperformed a glucosamine and chondroitin combination on measures of pain, stiffness, and everyday function, making it a meaningful choice for anyone looking to support healthy, comfortable joints.

Collagen for Athletic Performance — If you're active, collagen may be one of the most overlooked tools in your routine. Studies in collegiate athletes found that taking collagen peptides daily alongside exercise helped support tendon strength and structure over time. Healthy tendons mean your body can handle more movement with greater resilience — a real advantage for anyone who stays on the go.

Collagen for Back Comfort — Your spinal discs are made largely of collagen, and keeping them nourished matters. Clinical research found that collagen peptide supplementation helped support comfort in the back, likely because it provides the raw building blocks your body uses to maintain the tough, flexible tissue that cushions each vertebra. It's quiet support for one of your hardest-working structures.

Collagen for Bone Density — Collagen makes up roughly 90% of the organic framework inside your bones — it's the foundation that minerals like calcium are built upon. A 12-month clinical study in postmenopausal women found that taking collagen peptides daily helped support healthy bone mineral density at the hip and spine compared to a placebo, highlighting its role in long-term bone health.

Potassium — Potassium is an essential mineral your body relies on every single day. It works quietly behind the scenes to help your heart beat steadily, your muscles contract properly, and your cells maintain the right fluid balance. Because your body can't make potassium on its own, getting enough through diet and supplementation is key to keeping these vital systems running smoothly.

Potassium for Arterial Health — Keeping your arteries flexible and healthy is one of the most important things you can do for long-term wellness. Research — including data from large heart-health studies — links higher potassium intake to healthier, more flexible arteries and better blood vessel function. The FDA even recognizes potassium's role in supporting cardiovascular health as part of a balanced diet.

 (888) 510-7196  service@caringsunshine.com

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